

Sun Protection

The school is concerned about protecting staff and pupils from sunburn and from skin damage that can be caused by the harmful ultra-violet rays in sunlight. Skin cancer is a common form of the disease and can be prevented. The school believes that by encouraging sun safe behaviour at school and teaching children about the risks of sunlight, we can prevent them burning and contribute towards preventing skin cancer.

The school would like your help and support in this matter. We will be encouraging children to avoid sunburn and overexposure to the sun by:

- **seeking the shade, particularly during the middle of the day**
- **wearing suitable hats**
- **wearing clothing that protects the skin**
- **using a high factor sunscreen (SPF 15+)**

Staff will be encouraged to set an example. The school has reviewed the amount of shade available and you will see that there are shaded areas on our school yards. As always, your view on the subject are welcomed.

Some children are at greater risk of sunburn than others. Fair skinned, freckled children who burn easily are most at risk from overexposure to the sun and need to take great care when out in the sun. Brown skinned children have a much lower risk of sunburn but still need to take care and protect themselves in stronger sunlight. Black skinned children hardly ever burn and have a very low risk of skin cancer. Those with brown or black skin do not normally need to use sunscreen in the UK but should avoid overexposure to the sun to prevent dehydration and overheating. Babies, regardless of their skin colour, should be kept out of direct sunlight.

Teachers and support staff on outdoor duties or in charge of school outings will remind those most at risk of burning to cover up in the sun and use sunscreen.

You can help by encouraging your child to wear a cap/hat for school, particularly on sports days and school excursions. The school will remind parents of the sun safety policy from time to time, particularly around the start of the summer term, sports days, and outings.

Sunscreens provide added protection and may be useful when other measures are not available. Dermatologists recommend that a sunscreen with a sun protection factor (SPF) of 15 or above will provide children in this country with adequate protection.

This school encourages parents to provide sunscreen for this purpose and we also provide sunscreen for the protection of pupils when necessary.

I would ask that you complete the **ORANGE** part of the 'Rainbow Form' form so that the school has a record of your support for the sun safety policy and your wishes with regard to sunscreen use by your child/ren.

Please note that the school does not permit the use of aerosol sprays.

Yours sincerely,



Mrs R. Tyler
(Headteacher)